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### *A Review – Rasasindur Various Types of Anupanas w.s.r. to Rastangini*

Sachin Sheth<sup>1</sup>, Gangaprasad Asore<sup>2</sup>, Kranti Khekale<sup>\*3</sup>

1. Asst. Professor,
2. Associate Professor,
3. PG Scholar,

Dept. of Rasashastra, APM's Ayurved Mahavidyalaya, Sion,  
Mumbai, Maharashtra, India

**\*Corresponding author: [drkranti11@gmail.com](mailto:drkranti11@gmail.com)**

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#### **Abstract**

*Ras Sindoor* is an *Ayurvedic* medicine, with herbal and mineral ingredients, in powder form. Anupana is explained by all *Bruhatrayis* in detail. Those substances which are drunk along with or after medicine or food intake is known as *anupana*. *Ayurveda* also teaches us that certain substances have a particular affinity for specific tissue and channels in the body. A carrier substance (*anupan* or *anupana*, in Sanskrit) can be used to help catalyze the delivery of a particular herb or formula to a specific tissue or channel, to encourage its penetration deep into the cells, or to moderate its effect in some way. In this paper introduce *Rassindur* and various types of *anupan* use in various diseases.

**Keywords:** *Anupan, Rassindur, Rastarngini, Kupipakwa rasayana*

## Introduction:

*Rasashastra*, the pharmaceutical science, deals mainly with the processing and therapeutic utilization of mercury, metals, and minerals. It aims at designing novel drugs with better curative attributes at minimum doses<sup>1</sup>. *Kupipakwa rasayana*<sup>2</sup> is a unique pharmaceutical preparation wherein the drug is prepared in a glass bottle called *kupi* and the processing is done in a traditional furnace with a gradual rise in temperature. *Ras-Sindoor* is shown to contain mercury sulphide crystalline in nature with crystallite size ranging from 25 to 50 nm associated with several organic macromolecules derived from the plant extract used during the processing of the drug. Several macro/trace elements are also found to be present in different amounts, which were bio-available and responsible for adding to the medicinal value of *Ras-Sindoor*.<sup>3</sup> In *Rassindur* Various formulation of *anupana* use in the many disease. *Anupana* itself has meaning in its name- **Anu-** After but Acharya Dalhan said that it is an indication for food. **Pan-** Drinkable liquid<sup>4</sup>

Acharya Charka said that every lipid which intake after *Ahar* (Food) is *Anupana* but it is only for directional view.

### Ras Sindoor ingredients:<sup>5</sup>

Shuddha Parada – Purified and processed Mercury – 96 g  
Shuddha Gandhaka – Purified and processed Green Vitriole – 96 g  
Vatankura – Nyagrodha – Ficus benghalensis – juice extract – quantity sufficient for grinding.

It is prepared with a special *Kupipakwa* technique.

- *Navjwara* – *Rassindur* + *Tulasipatra* *Swaras/Adarak Swaras/Pan Swaras*.
- *Jirnajwara* – *Rassindur* + Decoction of *Giloy* + *Pitapapad* + *Dhaniya* ¼ Part.
- *Prameha* – *Rassindur* + *Giloy Swaras /Kacchi Haldi Swaras*.
- *Pradar Rog* – *Rassindur* + Decoction of *Ashok* + *Bala* + *Lodra* Etc. *Grahi* or *Shothahar* Drug.
- *Arsh Rog* – *Rassindur* + Decoction of *Bal Haritaki*.
- *Apasmar* – *Rassindur* + *Vacha Churna*.
- *Unamad-* *Rassindur* + *Kushamanda Swaras*.
- *Swasrog* – *Rassindur* + *Behada Swaras/Vasa Swaras*.
- *Kamala* – *Rassindur* + Decoction of *Daruhaldi*.
- *Pandurog* – *Rassindur* + *Lauha Bhasma*.
- *Mutrakuchha* – *Rassindur* + Same Part *Mishri* + *Elayachi Churna* + *Shilagrit* With *Shit Dughapan*.
- *Ajirna* – *Rassindur* + *Madhu* With *Mustha Kwath*.
- *Udarshul* – *Rassindur* + Decoction of *Triphala*.
- *Murchha Rog* – *Rassindur* (2 *Ratti*) + *Pipli Churna* (2 *Ratti*) + *Madhu* And Bath Cold Water.
- *Excess Vaman* – *Rassindur* + *Mothi Elayachi/Madhu*.
- *Sarvanga* *Shotha-* *Rassindur* + Decoction of *Punarnava Kwatha*.

- *Garbhashaya Rog –Rassindur+(1 Masha) Kakoli Churna With Nariyal Tail.*
- *Jirna Prameha –Rassindur +Vanga Bhasma With Madhu Anupan.*
- *Bhagandar Rog- Rassindur+Decotion of Triphala +Vidanga.*
- *Gulma Rog- Rassindur+Decoction of Saufa+Bal Haritaki/Ajawayan Churna +Vidlavan.*
- *Amavat Jirna –Rassindur +Decoction of Guguchi +Motha +Shatavar +Pipali+Harad +Vacha +Shunthi 2 Times A Day.*
- *Vajikaran- Rassindur +Shalmali Churna +Musali Churna +Vidayadi Gana Churna With Milk.*
- *Dhatuvrudhi – Rassindur+Abhark Bhasma +Suvana Bhasma*
- *Swapna Meha (Night Discharge)- Rassindur+Jayphal+Lauga+Kapur+Afim Churna .*
- *Chronic Shirshula- Rassindur + Decoction of Bala.*
- *Madaytayarog- Rassindur+Hinga+Ajawayan+Shunthi+Chavya+Dhaniya+Sauvarchal Lavana.*
- *Prinam Shula – Rassindur+Javkhar+Tankan Churna .*
- *Raktapradar – Rassindur+ Decoction of Vasa/Decoction Of Lodhr .*
- *Bastikundal (Mutrarog)- Rassindur +Decoction of Triphala/Kanji With Saidhav .*

For Children:<sup>6</sup>

*Navjavra /Pratishaya – Rassindur+Tulasi Patra Swaras.*

*Swas/Kas - Rassindur+Kantakari Swaras.*

#### **Matra of Rassindur<sup>7</sup>:**

For 1 year children-1/16 ratti (7.5mg)

For 2 year children-1/7 ratti (16.5mg)

For 6 year children-1/3 ratti (40mg)

For 12 year children-1/2 ratti (60 mg)

For adult -1 ratti (120mg)

#### **Result and Discussion:**

As *Rassindur* is *Kupipakwa Rasaynam*, our acharyas has stated that this type of drug has to be consumed in adequate proportion. They have mention the dose or various diseases either they are acute or chronic they have mentioned various combinations along with *Rassindur*. As per disease when *Rassindur* is taken with that proper drug it directly reaches the affected system / organ and does it work. Our acharyas has mentioned various drugs as per system and *doshas*. When *Rassindur* is taken as per dose and with proper drug combination then definitely it works and recovers the affected system. lot of emphasis has been done by our acharyas on *Anupana*. As it plays an important role in management of disease.

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